

Name/Title: **Hockey in the Middle**

Purpose of Event: To have students practice passing a puck in different directions, as well as learning how to receive a pass.

Prerequisites: Proper grip and stance, as well as passing technique

Suggested Grade Level: 3-5

Materials Needed: One hockey stick for each player, 1 puck for each group floor tape, polysteps, [Assessment Sheet](#)

Description of Idea

This activity is a variation of "Monkey in the Middle", and works best with groups of 6-8. For each group, tape a small X on the floor and scatter polysteps (one less than the number of people in the group) in a circle around each X (6-8 feet away seems to work best).

The person on the X is the "monkey" and the people on the spots are the passers (all players must keep one foot on their spot or X during the activity). Passers must keep the puck away from the monkey by passing to other teammates. Passers MAY NOT pass to someone to their immediate left or right, nor the person who just passed to them. If the monkey is able to steal a pass, then they switch places with the person who made the pass. After two minutes, if the monkey hasn't stolen a pass, have them switch places with someone who hasn't been in the middle.

Remind students of safety procedures for no highsticking.

Variations:

Have only 3 players on the 6 polysteps. Players could move to any spot to pass or receive the puck. This would make the activity more realistic, but would make it harder to pass without being intercepted.

To make it easier, practice without the person in the middle first. Make sure players are able to pass correctly without highsticking before adding the middle player.

Assessment Ideas:

Great activity for assessing everyone on their passing technique! I use [this rubric](#) and check each student off.

Adaptations for Students with Disabilities:

Could use a yarn ball or larger, slower ball for students with less reaction time.
Having only 2 players in the circle would make it easier to intercept the passes.

Submitted by **Eric Cyone** who teaches at Benner Elementary and Pleasant Gap Elementary in Bellefonte, PA.
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